

Seven-day intensive Training Seminar in
“Self-reliance in health and welfare”
August 2019, Nakaziba village,
Lwamata Sub-County, Kiboga district, Uganda



- Dates: 26 August – 1 September 2019
- Location: Bukooboobo Primary School, Nakaziba Village.
Participants from far should arrive on the evening of Sunday 25 August.
- Organiser: Vumbula Masaka, on behalf of Discover e.V., Germany.
- Facilitators: Rehema Namyalo, Nakamatte Evelyn, secondary school headteacher in Kirimya and Kyambadde Andrew, pastor, natural healer and farmer in Kabongezo.
- Cost: 300 Euro, £275 or 1 million Uganda Shillings. This fee includes food and accommodation and all seminar materials including seedlings and health products.

The course content includes:

- Organic gardening, soil fertility and the creation of a productive garden.
- Cultivation of traditional vegetables and medicinal plants, including *Artemisia annua*.
- Preparation of natural medicines from locally available medicinal plants: herbal teas, soaps, oils and ointments, tinctures, cough mixtures and syrups.
- The use of natural medicines for helping a wide range of health problems including malaria, diarrhoea, wounds and HIV/AIDS.
- Nutrition.
- Hygiene.
- Construction of simple devices that contribute to health and hygiene such as a charcoal fridge, fuel efficient stoves, black stones, a solar oven, a solar drier and tippy-taps.
- Income generating activities such as liquid soap, making bagiya, candles and chalk.
- Healing massage.



Participants in a recent seminar held in March learnt about many different medicinal plants and how to raise them in a nursery.

[Click here](#) to see a vivid photographic report of the recent seminar held in March.

Register with Rehema in Uganda or Keith in Germany:

- Rehema Namyalo, Email r_namyalo@yahoo.com, phone 0702 493 186 or 0772 493 186,
- Dr Keith Lindsey, Email Keith@discover-src.net, phone +49 1523 439 0386.

Once your registration is confirmed, please pay the entire fee by 31 July 2019. That is, either one million UGX to Rehema Namyalo or £275 or 300€ to Keith Lindsey.